



Lifetime Sports & Recreation Fitness Program starts October 2006 - March 2007

This program, created by USARPAC/PARO (1999), is intended to encourage individuals and families to participate in individual sports, recreational and leisure activities that enhance a healthy lifestyle and encourage all to develop active habits for life.

How it works. Each participant is given a brochure with space available on the back to track their 4 activities. The program asks that you complete (via the honor system) four activities listed in any of the MWR areas within six months of beginning the program. The MWR Activity Group must sign your brochure upon completion of your selected activities. Return the completed brochure to Buckner Physical Fitness Center, bldg. 690. Pick up fitness brochure at Buckner Physical Fitness Center.

All individuals who complete the program will receive a limited edition Lifetime Sports and Recreation T-shirt or cap. (while supplies last) Active duty and their family members who finished the program are eligible to enter our grand prize drawing to win a Life Fitness exercise bike. Grand Prize Drawing is March 30, 2007

More info contact Judy LaRue 384-1305 or email judy.larue@richarson.army.mil

MWR Fitness & Sports @

**Buckner Physical Fitness Center 384-1308 &
Family Zone 384-0795**

Belly Dancing Classes: 8 sessions
Boxing Training: 10 (1 hour sessions)
Cardiovascular Fitness Machines: 30 miles (5 miles daily Max)
Combat Cross Country Races: 2 races
Indoor Cycling Classes: 10 classes
Martial Arts Classes: 10 classes
Organized Intramural Sports: 1 seasonal sport
Personal Training Sessions: 5 sessions
Racquetball: 10 matches (2 daily max)
Strength Fitness Machines: 12 machines daily (10 sessions minimum)
Swimming: 180 laps (30 laps daily Max)
Swimming Lessons: 8 sessions
Scuba Lessons at Buckner (1 session of classes)
Running: 30 miles (5 miles daily Max)
Walking: 30 miles (5 miles daily Max)
Water Aerobics: 10 sessions
Yoga Classes: 10 sessions
Walk to Afghanistan/Iraq Program

**Outdoor Recreation Center 384- 1475/1476 &
Dyea Ski Hill 384-2960**

Archery: 4 days @ range
Camping: 3 nights
Fishing: 3 trips thru out Alaska
Hiking: 30 miles (5 miles daily Max)
Hunting: 3 trips thru out Alaska
Skeet/Trap Shooting: 4 rounds (1 round per day)
Skiing - down hill & cross country: (3 outings or lessons)
Snowboarding: (3 outings or lessons)
Snowshoe: (3 outings or lessons)
Snowmachining: (3 outings or lessons)
Tubing: (3 outings)

MWR Activities @

**Arts & Auto Craft Center 384-3717/3719 &
3718**

Arts & Crafts Classes: 3 Classes
Ceramics: 3 Classes
Framing: frame 2 finished projects
Woodworking: 1 finished project
Auto Mechanics: 2 oil change and 2 lubes

**Down Under Lounge 384-7619 & Warrior
Zone 384-9006**

Billiards or Pool: 12 games (3 games daily Max)
Darts: 12 games (3 games daily Max)
Video Games: 12 games (3 games daily Max)

Additional Activities in Alaska

ATV Riding: (3 outings or lessons)
Bike riding: 30 miles (5 miles daily max)
Bowling: 18 lines (6 lines daily)
Horseback Riding: 9 hours (3 hrs daily Max)
Music lessons: 6 lessons (1 hr daily Max)
Volksmarch: 2 events
Your other physical activities listed below





USARPAC LIFETIME
ACTIVITY & RECREATION

	<hr/> Name of participant	<hr/> Military status
	Activity	Initials/Date
1.	<hr/>	<hr/>
2.	<hr/>	<hr/>
3.	<hr/>	<hr/>
4.	<hr/>	<hr/>

<hr/> Authorized signature	<hr/> date
Contact number <hr/>	